



YMCA of Pictou County — Winter Schedule

YMCA of Pictou County — January 6th 2025 — March 9 2025

2756 Westville Road, New Glasgow | www.pcymca.ca | 902-752-0202

Hours of Operation : Fitness Centre 5 AM—9 PM. Pool 6:00 AM—2 PM / 4PM-8:45 PM Sat & Sun 7AM-6PM

Monday					Tuesday					Wednesday					Thursday				
Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Youth Rooms	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30	6 AM Circuit 6-6:45 Book on App (Studio)		Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App
Group Power 9-10 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open Play 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App (Studio)	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit Boot Camp 9-9:45 Book on App	Barre Fitness 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Pickleball Open (All Levels) 8:30-9:50 Book on App	Cyclefit 9-9:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Parent & Tot 9-10 Book on App	Aquafit Bootcamp 9-9:45 Book on App
Fit for Life-Strength 10:10-11 Book on App	Balance 10-10:45 (Studio) Book on App		Open Swim 10-11 Book on App			Flow Yoga 10-11 Book on App		Baby & Me Aquafit 10—10:45 Book on App	Balance 10-10:45 Book on App	Mindful Meditation 10-10:45 Book on App	Open Swim 10-11 Book on App			Open Swim 10-11 Book on App				Baby & Me Fitness 10-10:45 Book on App	Stretch & Relaxation 10—10:45 Book on App
Pickleball Open Play 11:10-1 Book on App		Lego Play 9:15-10 (Childminding) Book on App into Childminding	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Parent & Tot Open Gym 10-11 Book on App	Chair Yoga 11:15-12 Book on App		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Pickleball 3.0+			Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	Open Gym 11-11:55	Yoga Techniques 11—11:45 Book on App	Childminding 8:30-11 (Childminding room) Book on App	Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App
Partnership Rental/Open Gym 1-2pn			Open Swim 12-1 Book on App		Pound 11-12 Book on App	Cyclefit 12:10-12:50 Book on App (Studio)		Open Swim 12-1 Book on App		11-1 Book on App	Muscle Express 12:10-12:50		Open Swim 12-1		Livewell 12-1 (Jan 16,2025)	Cyclefit 12:10-12:50 Book on App (Studio)		Partner Rental 10-11	Open Swim 12-1 Book on App
			HCRS Rental 1-2 Book on App		Livewell Starting Jan 14 12-1			Aquafit Mobility 1-1:45 Book on App		Partnership Rental/Open Gym 1-2			Inclusion Open Swim 1-2 Book on App		Walking Fit 1:15-2 Book on App			Aquafit Mobility 1-1:45 Book on App	
Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4		Private Childcare 2:15-3			Closed 2-4	
Open Basketball 3-5	Cycle Express 4:30-5 Book on App				Youth Open Gym 3-4:45					Open Basketball 3-5:15	Cycle Express 4:30-5 Book on App (Studio)				Youth Open Gym 3-4:45	Cyclefit 5-5:45 Book on App (Studio)			
Beginner Pickleball (2.0) 5-6:20 Book on App	Cyclefit 5:30-6:15 Book on App (Studio)	Childminding 4-7:30 (Childminding room) Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Beginner Karate 5-5:40		Lego Play (ages 3+) 4:15-5 Book on App	Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Group Power 5:30-6:30 Book on App	Women on Weights 5-5:45 Book on app		Swimming Lessons 4-7:30	Swimming Lessons 4-7:30	Beginner Karate 5-5:40			Autism Lessons STARTS January 16 Family Swim 4-7 Until January 16	Autism Lessons 4-7 Starts January 16
Pound 6:30-7:30 Book on App			Lego Play 4:30-5:10 (Childminding) Book on App into Childminding	Aquafit Bootcamp 6:30-7:15 Book on App	Intermediate/Advanced Karate 5:45-6:25	Cyclefit Express 5:30-6 Book on App (Studio)		Childminding 4-7:30 (Childminding room) Book on App	Pickleball Comp (3.0+) 6:30-8:55 Book on App	Muscle Express 6:10-6:50 Book on App (Studio)	Pictou County Athletics 6:45— 8	Cyclefit 5:30-6:15 Book on App		Swimming Lessons 4-7:30	Aquafit Bootcamp 6:30-7:15 Book on App	Intermediate/Advanced Karate 5:45-6:25	Balance 6-6:45 Book on App	Childminding 4-7:30 (Childminding room) Book on App	Family Swim 7-8:45 Book on App
Open Basketball 7:30-8:55			Family Swim 7:30-8:45 Book on App	Lane Swim 7:30-8:45 Book on App		Yoga 7-8 Book on App (Studio)		Adult Beginner Swim Lessons 7:30- 8:00	Tri-Club Training 7:30-8:45 Book on app	Open Basketball 8-8:55	Mindfulness Meditation (Board Room) 6:30-7:15 Book on App		Family Swim 7:30-8:45 Book on App	Lane Swim 7:15-8:45 Book on App	Pickleball (3.0 +) 6:30-8:55 Book on App			Family Swim 7-8 Book on app	Tri-Club 7-8 Book on app
								Adult Intermediate Swim Lessons 8-8:30			Piyo (Studio) 6:30—7:30 Book on App				Slow Flow Yoga 7-8 Book on App			Lane Swim 8-8:45 Book on App	

What do the Colours

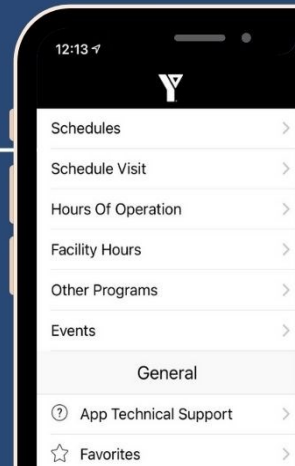
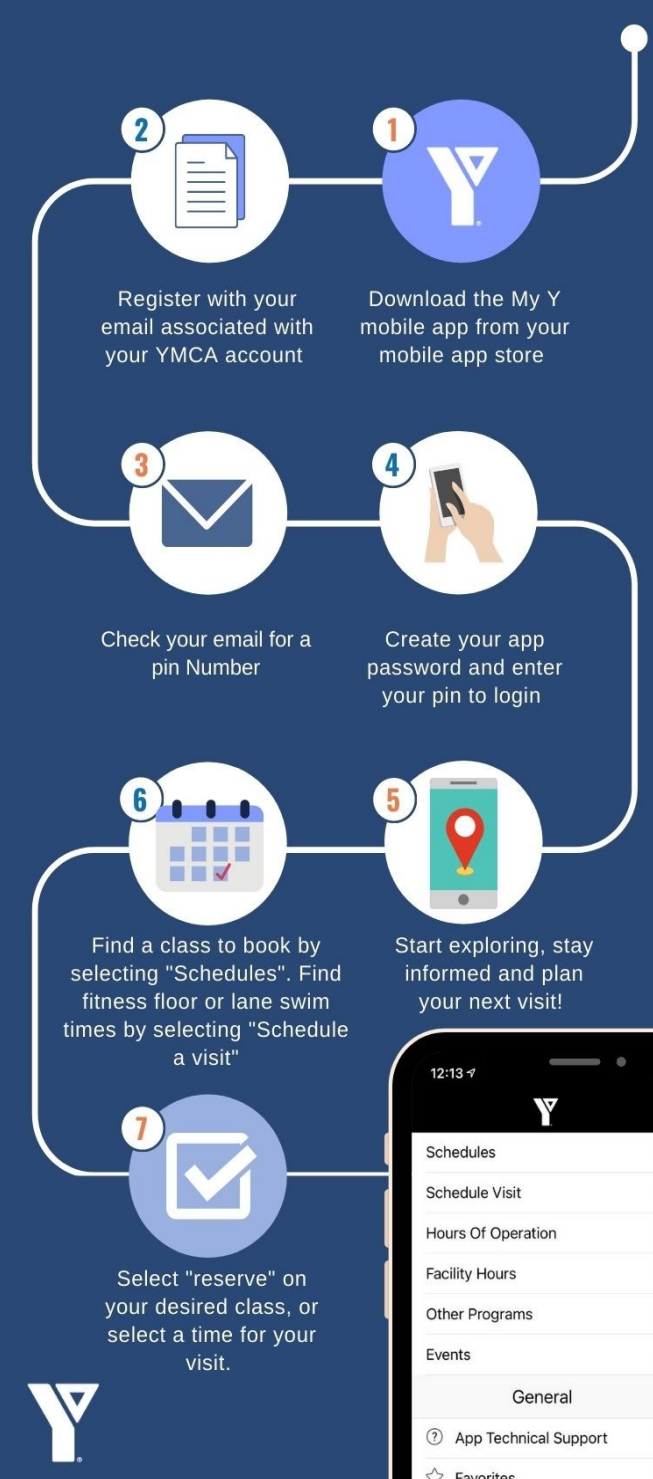
- Low Intensity Class
- Medium Intensity Class
- High Intensity Class
- Cyclefit Class
- Children & Youth programming
- Aquafitness
- Childminding
- Swim Class/Club
- Pickleball

* **One Lane available during swimming lessons & classes**
Please book on My Y App



Friday				Saturday				Sunday					
Gymnasium	Studio/Conf	Youth Room	Leisure Pool	25m Pool	Gymnasium	Studio/Conf	Childminding	Leisure Pool	25m Pool	Gymnasium	Youth Room	Leisure Pool	25m Pool
Open Gym 5-8:30			Open Swim 6-9 Book on App	Lane Swim 6-9 Book on App	Open Gym 7-8:30	Cyclefit 7:30-8:15 (Studio) Book on App		Open Swim 7-9 Book on App		Adult Basketball 7-9:30		Open Swim 7-9 Book on App	Tri Club Swim 7-8 Book on App
Boot Camp 9-9:45 Book on App		Childminding 8:30-11 (Childminding room) Book on App	Parent + Tot 9-10 Book on App	Aquafit 9-9:45 Book on App	Group Power 8:45-9:45 Book on App	Cardio Kick-boxing (studio) 9-9:45 Book on App	Childminding 8:30-12 (Childminding room) Book on App	Swimming Lessons* 9-12	Lane Swim 7-5:45 Book on App			Parent & Tot 9-10 Book on App	
Fit For Life - Boot Camp 10-10:45	Flow Yoga 10-11 Book on App		Private Daycare 10-11		Parent & Tot Open Gym 10-11	Flow Yoga 10-11 Book on App					Pickleball Open (All Levels) 10-12 Book on App	Rental 10-11	Rental 11-12
Pickleball Open Play 11-1 Book on App	Muscle Express 12:10-12:50 Book on App		Warm Water Aquafit 11-11:45 Book on App	Lane Swim 10-2 Book on App	HCRS Partnership Rental 11-12	Mindful Meditation 10-10:45 Book on App						Rental 10-11	Lane Swim 8-4PM Book on App
Partnership Rental 1-2:15			Open Swim 12-2 Book on App		Pickleball Practice (All Levels) 12-1:30 Book on App			Rental 12-1		Open Basketball 12-3	Rental 1-2	Rental 1-2	Family Swim 12-1
Private Childcare 2:15-3								Rental 1-2					
			Closed 2-4		Open Basketball 1:30-6								
Open Basketball 3-6			Family Swim 4-6 Book on App	Lane Swim 4-5 Book on App				Rental 3-4		Open Gym 3-6		Rental 1-2	Special Olympics Rental 4-5PM
			Aquafit Cardio Box 5-5:45 Book on App									Family Swim 2-3	
Teen Night Open Gym 3-5 Book on App				Jr. Swim Club 6-7				Rental 4-5				Sunday/Funday Partnership Rental 3-4	
Teen Night 1/2 Open Gym 5-7:45 Book on App		Rental (Youth Room) 7-8		Newcomer Swim Lessons 7-8								Rental 4-5	
1/2 Kids Night Out 5-8PM			Family Swim 7-8:45 Book on App	Lane Swim 8-8:45 Book on App								Family Swim 5-5:45 Book on App	Lane Swim 5-5:45PM Book on App
Open Gym 7:45-8:55													
									Pool closes at 5:45 pm				Pool closes at 5:45 pm

My Y app Instructions



Stay Connected:



When you visit:

- Everyone 16+ must sign in with a Photo ID
- Swims: Children must be 8+ to swim without an adult.
- Youth ages 12-15 are recommended to book an orientation with our health, fitness & recreation team for fitness centre use. Anyone can book an orientation to get started!
- Childminding services are available 8:30AM-11AM (MON-FRI) & 4:00PM-7:30PM (MON-THUR). 8:30AM-12PM (SAT)
- Visits must be reserved in the My Y App

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